



Constant stress can negatively impact your long-term health. Overcome stress and help reduce your risk of type 2 diabetes, one breath at a time.

Start a deep-breathing practice

Use breathing to lower stress levels for a healthier, happier you.

With Omada, learn ways to reduce your risk of type 2 diabetes, improve your quality of life, and keep your stress levels lower on a day-to-day basis.

Start feeling better today:

- ✓ Relax your body
- ✓ Start your breathing
- ✓ Enjoy a healthier happier you!

Check if you are eligible:
omadahealth.com/wapebb

5 steps to deep breathing:

Step 1

Relax your body. Find somewhere to sit or lie down comfortably.

Step 2

Close your eyes and breathe in slowly through your nose. Feel your breath as it flows in and causes your belly to expand.

Step 3

Pause for a few seconds, then breathe out fully through your mouth.

Step 4

It's all about focus. Pay close attention to your breath as it goes in and out of your body.

Step 5

Your attention will wander – that's fine – just bring your focus back to your breathing.